

# **FASTING**

*how to do it, when and  
why?*

*by the Roeh  
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## **Fasting**

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## 1.- HOW TO START TO FAST?

Fasting moves the hand of Elohim, fasting must be for Elohim and only for Elohim. In Isaiah 58: 6 it is described that the people of Israel fasted but fasted in the wrong way, and the quote from Isaiah 58: 6 is actually the Yom Kippur fast. A fast without prayer (Tefillah) is just a misfortune. Now, when one fasts, the flesh decreases and the spirit will be stronger, that is, the spirit is edified because we subdue the flesh. If a person fasts while keeping holiness, the devil runs away from his life, because if you fast without holiness, fasting is useless. As is your holiness, it is your authority. The Eternal Father gives us this authority and gives it to us to bless others when we

preach his Word to cast out demons in the blessed name of YAHSHUA HAMASHIAJ, this authority that He gives us is to pray for the sick so that He heals them .Then, according to your degree of holiness that you have will be your authority over darkness.

The fleshy mind, the mind of the carnal ones, does not understand the things of Elohim and it is common for them to say: "Well, why fast if we can eat all the time all day?". These people are carnal, they are gluttonous ( you find on our website [www.gozoypaz.mx](http://www.gozoypaz.mx) the subject of "gluttony"). Fasting is very important because, if you set aside in Tefillah (prayer, you will hear the voice of Elohim. If one sets aside in fasting (not at work, although we can fast and we can be at work), one hears exclusively his voice when praying to Him. Then indeed, the voice of Elohim is heard.

The Eternal Father asks for moments of intimacy, of stillness, of feeling, of communion with Him. Then, if you set aside and fast, the voice of Elohim is heard. Fasting gives authority against the power of HaSatan. Elohim does not want sacrifice in vain, so if a person is not in holiness, fasting would be of no use, would be just a misfortune.

Now, it is also not convenient for a person to shut itself up in tremendous fasts without understanding anything about the Torah, no! We must have chochma (wisdom) because Elohim does not want us to become too weak, the Eternal Father does not want you and I to be too weak, otherwise we cannot serve Him well.

Now, YAHSHUA HA MASHIAJ is going to tell us the correct time in which we are going to fast and He will sustain us.

Now, many times we start and we can feel appetite at a certain time or we feel weak, then it is time to surrender the fast, we must finish it.

If you commit yourself to the Eternal Father, the Eternal Father will sustain you. Suppose that you are going to fast from eight in the morning to two in the afternoon or from eight in the morning to six in the afternoon, the Eternal is going to give you strength, you will not need anything; we do not need more than His Presence, we do not need even water because we feel the Divine Presence and we can continue working for the glory of him, Baruch HaShem YAHWEH! (Bless is the Name of Yahweh)

For the brothers who begin to fast. The Eternal begins to deal with them in a very special way and gives them the strength to endure many things. The person who does not fast is a weak person on the



spiritual plane because his flesh is very strong; the more we fast, the stronger we become spiritually and then the battles against satan and his hosts are won. Is this being understood, my beloved?

A person who does not fast is a weak person, I do not mean physically, but weak spiritually.

## 2.- HOW IS A FAST MADE?

The ideal is to make a Tefillah (a prayer) before fasting, then we are going to suppose that if the Eternal tells you: "Do not eat anything tomorrow, offer me a fast", from tonight you can make a prayer like this: "Adón YAHSHUA HA MASHIAJ, I offer you this fast with all my heart "; Let's suppose that you want to thank him for something (right now we are going to see biblical quotes) or you have a special request or a special need, then you can say: "I offer you this fast, Father, let me make it for this situation, I need this, there is this urgency, Father ". We should also pray at the end of the fast, at the time that one has offered it to the Lord YAHSHUA HA MASHIAJ, or when He tells us to give the fast. Another Tefillah is made to give thanks to the Eternal, we

already offered our fast, we gave up our fast, then we are going to suppose that you have your plate there of food, of soup that you are going to eat, then you are going to say: “Father, I give you my fast, I hope it has been to Your holy and blessed pleasure ”, we do that and then the spirituality grows a lot.

Keep in mind that according to your kedusha (holiness) it is your authority, my beloveds.

Now, the fast has already been given, so don't eat too much trying to make up for what you didn't eat in the morning because then fasting would be of no use; If you eat at noon or at night what you did not eat all day, that would have no value, that is gluttony too.

You have to take care of that aspect. We must do the fast with humility, my brothers, the fast must be done with

humility and that is recommended by our Lord YAHSHUA HAMASHIAJ. So, with the spiritual strength that we gain during fasts, the Eternal uses us to cast out demons, to pray for the sick so that He heals them, so that there is revival in the hearts of souls (and now more that it is turning to Hebrew roots) and revelations begin to come from Elohim.

A person who does not fast is not going to have visions, is not going to have revelations, is not going to be used by YAHWEH. You have to fast to show results, a person who does not fast does not perform spiritually. Many do not commit to fasting saying, "Well, I want things easy".

There is a song that says "Hazak, hazak, venitjazek (be strong and brave)", the Eternal likes our strive, that things cost us work. The Eternal wants us to be studying Torah at dawn; for those who like to study

Hebrew, the Eternal wants us to be with the dictionary and looking for Hebrew words. The Eternal wants the effort, the Eternal loves the effort; If not, he would not have told Yehoshua, (Josue) “be strong and brave.”

The Eternal likes us to strive. If a person eats all the time and does not submit its flesh, the person does not grow and that is not to YAHSHUA's liking. Whoever does not fast will never bear spiritual fruit because the easy way of being used by YAHWEH does not exist. People wants to be eating and being used for YAHWEH, and they wants to see miracles, no! That kinds of people is not going to be used by the Eternal Father.

There is power in fasting that is pleasing in the eyes of Elohim. Holiness is increased and then the answers come from Elohim, I can tell you that here, with

all authority, that I have lived it. Then the Eternal shows his power through those of us who have a perfect heart for him (2 Chronicles 16: 9). The kedusha is increased because we are cleaning ourselves more and then we begin to see the responses from Elohim. I'm going to give you a clear example: If the Eternal gave me an assignment in Tehuacán, the region and beyond, I'm not going to sit idly by, I'm going to tell the Abba: "Father, You gave me an assignment; Tehuacán, the region and beyond. "Eating all the time? Gluttony? Not pray? Not fast? Not subdue the meat? If it had been so, you would not be seeing everything that is seen now; there must be subjugation of the flesh and then we see Elohim's responses.

"Father, allow me to reach Bogotá, Colombia (or all of Colombia), allow me to reach Venezuela, allow me to reach

Belize, allow me to have your word heard in Argentina. Allow me your word to be heard in Brazil ". We see the answers but it has to be fasting; and since you have fasted, my precious beloved, and you have joined the vision that the Eternal has given, then that is why we are seeing the results.

Now, the true messianic (and that you find in the course "Who is a true messianic" in the Kehila book, which you can download on the website) must be very persistent but in the sense of not fast from time to time. There are people who fast once a month, that does not work; You have to fast at least once a week but already at least, very least once a week; two, what better! Three is the power of Elohim and then the answers come, Baruch HaShem YAHWEH!

So we must do it not from time to time, but often, not by imposition, but out of love for the Eternal. The fast of Moshe, of

Moses, was supernatural, since he was himself in the presence of Elohim, he did not take neither water nor bread because he was in the same presence of Elohim, and Elohim supported him.

### **3.- TYPES OF FASTING**

Now, there are several types of fasting and we are going to get into that because there have been several questions online.

#### **3.1 FASTING WITH WATER:**

The fast with water, that is to say without solid, is like the one that our Adon YAHSHUA HAMASHIAJ did because it is never said that he was thirsty, but that he was hungry, then YAHSHUA was thirsty.



He was not hungry but no human can sustain himself without water. Now, I am not saying that YAHSHUA is human, no, because He is Elohim, but He wanted to dwell in a mishkan (mishkan means "temple" and our body is the temple of Ruach Ha Kodesh, you know it as the Holy Spirit).

YAHSHUA suffered, He bled (that's where many don't understand why they don't minister to themselves anymore in the Torah, and they say: "How can God bleed?", Some say. But they don't understand, they don't know what an alef is (the first Hebrew letter), how are they going to understand the rest?). I don't mean that YAHSHUA was just any human, NO! He is Elohim, truly He is Elohim, and He was only hungry. Now, I repeat, no man can endure forty days without drinking water.

Let's go to MatiYahu (Matthew) 4: 2. If you fast in holiness, because if you are not

in holiness and do not fulfill the Mitzvot, it is better not to fast; It is not for everyone, remember, there are many kadoshim here, many holy men and holy women, HalleluYah! But come on, if there is someone here who does not keep holiness, who has not understood what the mitzvot (commandments) of HaShem YAHWEH are, it is better not to fast. Better, first, minister yourself, renounce to everything bad and do a true Teshuva (repentance).

Matthew 4: 2-2

*"And after fasting forty days and forty nights, he was hungry."*

He doesn't say that he was thirsty, he was just hungry. So in the case of YAHSHUA HA MASHIAJ forty days and forty nights in the mishkan, He drank water.

### 3.2 PARTIAL FAST:

Fasting can also be partial and is valid, but this does not serve as an excuse for not truly fasting. A partial fast can be with legumes, that is, some foods. It is very important that we make a note here, a stop: DO NOT do it to lose weight, DO NOT do it for aesthetics because that does not work; We fast to please the Eternal, that is why I began to minister that fasting is only for the Eternal. So do not do it as a diet to lose weight, no. Of course, there is a reward in fasting and you lose a few kilos that fall well, but it is not the purpose of it. Let's go to Daniel 1, and here Daniel abstained from certain foods, of course, they were putting unclean food such as pork, because it is logical that they would not eat them if they were true Yehudim (Jews), children of the Eternal, Bene Israel really.

Daniel 1: 8-9

*"And Daniel proposed in his heart not be contaminated with the portion of the king's food, nor with the wine that he drank; He therefore asked the chief of the eunuchs not to be forced to contaminate himself. And Elohim put Daniel in favor and in goodwill with the chief of the eunuchs."*

Listen well: An obedient man or an obedient woman, my beloved, will always have grace before Him and before men, not before everyone because, of course, people do not love the Torah, but the Eternal opens the doors and we need nothing, HalleluYah! Why did Potiphar, general of Pharaoh's army, make Yosef (Joseph) head of his house? Why did he even put him as principal in jail? Why did he put him in a privilege? Because he pleased the Eternal; same in the case of Daniel.

Daniel 1: 10-17

*"And the chief of the eunuchs said to Daniel: I fear my lord the king, who pointed out your food and your drink; ye shall condemn my head to the king. Then Daniel said to Melsar, who was placed by the chief of the eunuchs over Daniel, Ananias, Misael, and Azariah: vegetables to eat, and water to drink (partial fast) Then compare our faces with the faces of the boys who eat from the king's food ration, and then do with your servants as you see. So he consented to them in this, and tested them for ten days (That's why we say that the number ten means trial; that's where the teachers came up with the way to qualify from zero to ten, everything has to do with the Torah, blessed is HaShem YAHWEH) And after ten days their faces seemed better and more robust than that of the other boys who ate from the king's portion of food.*

*So Melsar took their portion of their food and the wine they were to drink, and gave them vegetables. Elohim gave these four boys knowledge and intelligence in all letters and sciences (this is the reward); and Daniel had understanding in all visions and dreams.”*

How did the dreams come about? How did the visions come? Not without fasting first, HalleluYah! No one can have dreams, visions and revelations from Elohim if we do not subdue the flesh. In this case, the partial fast was with legumes. Now, certainly a person who eats everything will look bad, will have increased cholesterol, triglycerides, uric acid, will look bloated, will not look healthy. But if a person eats legumes and vegetables and everything healthier, will look better. That happens in the medical plane, what will not be in the spiritual?

So we are going to suppose that you are just arrived here and you are very chubby and you are used to not fasting (and I am saying it right now for our beloved readers of this writing), then you do not know what a fast is and you eat all the time. We're not going to ask you to fast like this for three days as some of us do, no. You can start as legumes like lettuce, tomato, etc., and little by little. Now, that is put by Ruach HaKodesh, not by man; I am simply giving you an example according to the Bible.

### **3.3 TOTAL FAST:**

Fasting can be absolute, without water. Now, I make a note here: No one can endure, medically, three days of not drinking water because then dehydration begins, the person begins to feel bad and I as a doctor, I can tell you, the levels of

sodium, chlorine, magnesium drops, etc. Cramps begin due to lack of magnesium, lack of sodium, etc., so it is not advisable to fast for more than three days without water. Now, we remember the fast that the Yehudim did when the enemies wanted to exterminate our ancestors and that is why they celebrate the festival of Purim (we as meshijim do not celebrate it because it is not a festival that is in the Torah).

You at home will read the book of Esther. The important thing here is that this fast was due to a threatening danger (and you can find on the internet pages, dear listener, the audios about the book of Esther).

Recapitulating, we have fasting that can be with water, total fasting without water, partial fasting with legumes, fasting for imminent danger. When there is a danger, then you can fast, you have



the example in the book of Esther. Saul of Tarsus, Shaul (known as Paul but his name is Shaul), did not eat or drink for three days after he was thrown into heaven by our great Adon YAHSHUA HA MASHIAJ, by the revelation of Ruach HaKodesh by the power of YAHSHUA HA MASHIAJ, and we find it in Acts 9. It is impossible for someone to be touched by the Eternal and then, later, eat, sit down to eat, no, that is impossible; I have not experienced it that way. When the Eternal touches us, he touches us so strongly with His Ruach HaKodesh that we are filled with the Divine Presence so it is impossible to eat right away. I do not want to eat, I do not want to drink, what I want is to continue enraptured, I came to Shabbat, yes, very tired physically but very strong spiritually. I was lying down and I kept praying, and I kept crying out until the Eternal said: "now to sleep, to rest" but it is not the question of arriving and eating until you

are satisfied because one is full of Ruach  
HaKodesh, HalleluYah!  
So this is serving us all.

Acts 9: 1-9.

*“Shaul, still breathing threats and death against the disciples of the Adon, came to the kohen gadol (High priest), and asked him for letters to the synagogues of Damascus, so that if he found some men or women of this way, he would bring them prisoners to Jerusalem. But as he was going along the road, it came to pass that when he came near Damascus, he suddenly surrounded him with a blaze of light from heaven; and falling to the ground, he heard a voice saying to him: Shaul, Shaul, why are you persecuting me? He said: Who are you, Adon? And he said to him: I am YAHSHUA, whom you persecute; it is hard for you to kick against the stinger. He, trembling and fearful, said: Adon, what do you want me to do?*

*And the Adon said to him: Get up and go into the city, and you will be told what you should do. And the men who were with Shaul stood stunned, actually hearing the voice, but without seeing anyone. Then Shaul got up from the ground, and opening his eyes, he didn't see anyone; so, leading him by the hand, they took him into Damascus, where he was three days without seeing, and he neither ate nor drank."*

The presence of the Ruach HaKodesh was so great that he neither ate nor drank.

I am sure that many ajim, many brothers here and sisters, they have had this experience when one is fasting, and when one is fasting the presence of the Eternal is so great, we are in communion with the Eternal, sometimes we are not hungry and we say: "Why am I going to eat right now if I am not hungry?" Other times it is

the opposite because we do have an appetite, but sometimes we say: "Why am I going to eat for?" It is not because I feel very brave but I really have no appetite and I can continue with the fast, has it happened to you? I can continue with the fast, I want to continue in communion with the Father, the food is there at any time, but the communion that can be had with the Abba only occurs all the time for those of us who have the fire of Ruach HaKodesh. And nothing and no one can put out the fire of RUAJ HAKODESH to those who have it. Nothing is going to turn it off, even if it is cold, hot, that if you fought with your grandmother for example, that if your grandmother said rude things to you, etc., that does not interest you, no one extinguishes that fire.

Let us remember, here the presence of the Eternal was so great that Shaul did

not eat or drink for three days. The fast was absolute here.s

### **3.4 FAST FOR DEMONIC LIBERATION:**

Now, another type of fast is to free a person from demons. I ministered on the Theme of Liberation (which you find on the internet pages in audio and written form) that it is not my ability to fast that makes the demons flee, but my faith, it is YAHSHUA HAMASHIAJ. But remember, certainly the Eternal asks us to fast. So it is not my ability to fast because if not there would enter pride, my loved ones. Many play competitions, and say: "I fast until such time and I endure until such time", do not say it, the fast should not be announced. It can be announced for the consolation of the other brother or sister, and say to him or her: "I am fasting for

you, I am going to fast for you", that can be done. It does not mean that what the right hand is doing is not known to the left because you are telling it: "I am going to fast for you, I am going to take you in prayer and fasting", that can be done but not in terms of showing off. Let's see the quote from Matthew 17, you already remember that here there was a man possessed by a demon who did not wanted to leave.

Matthew 17: 14-15.

*"When they reached the crowd, a man came to him and knelt before him, saying: Adon, have mercy on my son, who is a lunatic (we already talked about that), and he suffers a lot; because many times he falls into fire, and many times into water."*

I'm going to make a parenthesis here: This is frequent. It hasn't been long since a girl

has just been brought to my house, and this is what the parents told me:

*"The girl is walking, her mother is making tortillas, and she throws herself into the well; or there is water, she is near the well, and she wants to throw herself there."*

Who wants to throw her down the well, if not a demon? It is suicide, in this case, it has no validity for the girl because she is totally possessed; Of course, those who commit suicide are possessed, but in this case she is totally lunatic, she is with an enchantment, with a spell, with an act of witchcraft, of tremendous voodoo, so there are demons who want to kill her.

Matthew 17: 16-20

*"And I have brought him to your disciples, but they have not been able to heal him. YAHSHUA responding, said: O incredulous*

*generation (the worst sin is unbelief, not believing YAHSHUA and his promises) and perverse (let's not hear that from the Eternal, you and I!) How long shall I be with you? ? How long shall I bear you? Bring him here. And YAHSHUA rebuked the demon, which came out of the boy, and he was healed from that hour. Then the disciples came to YAHSHUA, apart, they said: Why couldn't we cast him out? YAHSHUA said to them: Because of your little faith; because truly I tell you, if you have faith like a mustard seed, you will say to this mountain: Move from here to there, and it will pass; and nothing will be impossible for you."*

Because of your little faith or lack of fasting? Because of your little faith, then I have already said that it is not the ability of fasting that cast out demons, but to faith. But he commands us to fast.



Matthew 17: 20-21

*“YAHSHUA said to them: Because of your little faith; because truly I tell you, if you have faith like a mustard seed, you will say to this mountain: Go from here to there, and it will pass; and nothing will be impossible for you (Do we believe it? Do you believe it?). But this genre does not come out except with prayer and fasting.”*

So YAHSHUA HA MASHIAJ is speaking that there are strong men, then there are stronger demons than others, but no one stronger than our Elohim YAHSHUA. So if there are stronger demons, then that does require that we pray and fast and then remember that the degree of holiness that you have will be the degree of authority that you have, remember that very well. This topic has already been recorded so that you can later hear the audio, at least twenty times, at least.

Matthew 17:21

*“But this genre does not come out except with prayer and fasting.”*

Then the Eternal tells us that it is by faith but he also commands us to fast.

#### **4.- SHOULD THE FAST BE ANNOUNCED?**

Now, it is not necessary to announce it because YAHSHUA says that those who do that put their face of hypocrites, and yes, they certainly say: "How I fast and how I fast!" No, it is not to be announcing it, but you can tell an aj (brother) or an ajot (sister), and say: "I am fasting for you. I carry you in prayer and fasting for you, I love you ", Baruch HaShem YAHWEH! Let's go to Matthew 6. So when fasting, bathe, comb your hair, says YAHSHUA HA MASHIAJ, perfume yourself completely, let no one notice that you are fasting.

Matthew 6:16

*“When you fast, do not be austere like the hypocrites; because they change their faces to show men that they fast; truly I tell you that they already have their reward. So a person who announces what he is doing with trumpets already has his reward because they seek the reward of men.”*

Matthew 16: 17-18

*“But you, when you fast, anoint your head and wash your face, so as not to show men that you are fasting, but rather your Father who is in secret; and your Father who sees in secret will reward you in public.”*

So fasting should not be announced hypocritically; It is not hypocritical to say to an aj or an ajot: "I am fasting for you", because that shows that you have support

from another brother but fasting does not have to be announced.

### 3.5 FASTING FOR AN ILLNESS:

Now, you can also pray for an illness of a relative, or of an aj (brother) or an ajot (sister) in YAHSHUA HAMASHIAJ. I want us to go to Psalm 35, please, let's go there. So you can fast for a disease, yes, of course you can.

Psalm 35:13

*"But I, when they fell ill, put on sackcloth; I afflicted my soul with fasting, and my prayer returned to my bosom."*

Then you read all of Psalm 35. So if someone here is sick we start to fast because this is biblical, this is in the Tanach.

### 3.6 FASTING FOR A TRIP:

You can fast for a trip. When we are going to take a trip, especially to announce the Torah, we don't go simply saying: "Yes, we are going to take a trip!" without fasting once a week. Nor do we say: "No, the trip is going to be hard; we will have to eat a lot for us to endure ". No, the Ruach HaKodesh is what sustains us, HalleluYah! And no, we don't have to be looking for food. I am not telling you that we have bad times, it is not that; the question is to fast for a trip, ask the Eternal for direction. Ezra, a descendant of Yehudah (Judah), led the return of the captives to Yahrushalayim.

Let's read the book of Ezra. You can fast for a trip; when you go on a trip, fast; if you go on vacation, fast; fast at least once a week and pray like this: "Father, I am going to go out with my family to rest, protect us. Father, I am going to bring

Your Torah, may many be saved for Your glory, save them, Father, because the Tanach says that You are the one who adds those who are to be saved.

We must fast. If we are eating all the time, there is no blessing. In Ezra 8 they were returning to Yahrushalayim.

Ezra 8: 2

*"And I published fasting there by the river Ahavá, to afflict us before our Elohim, to request from Him the right way for us, and for our children, and for all our goods."*

So we are going to go on a trip, we must pray: "Father, save us." That is why the prayer always, my precious loved ones, when we say goodbye to this house of prayer, is: "Father, send Your holy malajim (angels) to keep us all, to camp around us, our dear ones and everything You who have provided us (your bicycle, your car, your house, your business, your

goods) ", is not a sin. You can pray: "Father, may it go well with us, clear our path."

Some time ago we went to minister to Mexico City (formerly the Federal District), I knew we were going to war, it is a war with so much power from the devil (the Eternal rebukes them in the name of YAHSHUA HAMASHIAJ). There were two accidents on the road, sometimes the devil can put obstacles so that we don't get there fast.

Then a Zaken (elder) was with me, and I (you have to dare to do anything, what I will tell you seems crazy but it did not matter that the passengers on the bus said I was crazy) I said to him: "put your hands forward." Then, I started to Pray like this: "Father, clear our way, may we arrive with good, we come fasting, may we arrive with good, Father, may we arrive with good." And we stood there, I

don't know, for around two hours maybe, and we continued praying: "Father, clear our way". After the road was cleared we advanced very slowly, and when we arrived there was fruit for the glory of YAHWEH, HalleluYah!

So, it is not about torture yourself, no, but you have to fast and offering it to the Eternal Father.

Ezra 8:22

"Because I was ashamed to ask the king for troops and horsemen to defend us from the enemy on the way; because we had spoken to the king, saying: The hand of our Elohim is for good on all who seek him; plus his power and his fury against all who forsake him. "

They didn't look for bodyguards, they didn't say to the king, "You know what? Send us some guards that measure two meters, who come with spears and R-15s



and goat horns (weapons) because we are going to travel” NO! They asked for the help of Elohim, HalleluYah! Are you looking for Elohim? If you are looking for him, Omein; if you already regretted it, Omein; If not, you are going badly, better not fast because that is not fasting, it is bad. Look very well, the Eternal protects those of us who love him, those of us who keep his Torah. He protects us from everything, nothing happens, only fear Him, Baruch HaShem YAHWEH. But his power as his anger, his anger against all those who abandon him, then a person who knew the Torah and abandons it, has the anger of YAHWEH. Have you already known the Torah? Baruch HaShem YAHWEH do not be foolish to abandon the Torah because you will have the fury of Him, of YAHWEH (not of the devil, of YAHWEH).

Have you already known the Torah? Baruch HaShem YAHWEH do not commit the folly of abandoning the Torah because you are going to have the fury of Him, of YAHWEH (not of the devil but from YAHWEH).

Ezra 8:23

*“So we fast and asked our Elohim about this, and He was gracious to us.”*

This means, He blessed them. So, please, underline verses 21, 22 and 23, and engrave them in your memory, my precious beloved, precious in the Eternal, but above all, PRACTICE IT. Obey YAHWEH in everything, in kedusha (holiness), that is why no greed is ministered here, no greed, no lust, no trivial television, no trivial music, nothing at all. Obeying YAHWEH in ALL He is and will be auspicious, and He is good and we don't

need guards, we need malachim (His angels).

### **3.7 FASTING FOR REPENTANCE:**

You can also fast for repentance. The Yehudim had taken foreign women and that is forbidden, why are you going to be unequally yoked? So, the Yehudim had taken foreign women and Ezra fasted for this. Let's read Ezra 10.

Do you realize that victory is with the Bene Israel? (Sons of Israel) Why don't you have a job? Why are you sick and cannot heal? Why are you afraid of man? We should not be afraid of man.

I want you to study The Book of Kehilá at home (which you can download on the website [www.gozoy paz.mx](http://www.gozoy paz.mx)). All its teachings are taken from the blessed Tanach. Please read pages 55, 56 and 58. Everything has quotes from the Bible

regarding those of us who keep the Torah and those who do not keep the Torah. The blessings of those of us who keep the Torah and the curses of those who do not. WE DO NOT THROW CURSES AGAINST ANYONE, we do not curse anyone, we bless everyone, the person curses itself when leaving the Torah (we just read it).

Ezra 10: 6

*“Then Ezra arose from before the house of Elohim, and went to the chamber of Yohanan son of Eliashib; I have gone there, he did not eat bread or drink water, because he was saddened by the sin of those in captivity.”*

What was the sin? Having taken foreign women. Ezra was hurt, and he said: “Father, how is it possible, YAHWEH Tzevaot (because he pronounced the name. Yahweh Tzevaot means Yahweh of Armies), that You have given us

everything and have blessed us, and they go running to marry foreigners, hang out with people who have idols? " Do you know why Ezra was hurt? Because Ezra knew the Torah perfectly. We already ministered about soul ties, those pagan people were full of demons and the Yehudim went and married those pagan women and were contaminated with those demons. That is why many perished. Demons pass from body to body to satisfy their lust, demons need human bodies. We minister that in the topics of liberation (that you find in audio and book, you can download them on the page [www.gozoypaz.mx](http://www.gozoypaz.mx)).

In short, Ezra was hurt by the sin of the Yehudim and, since he was a chosen one of Elohim, he fasted for it and was saddened.

### 3.8 FASTING FOR INTERCESSION:

You can also fast asking for intercession. The prophet Daniel intercedes for Israel by having read everything that would happen to the people of Israel. Please, let's read Daniel 9. The prophet Daniel read the Torah, he knew what was going to happen to the people, so he knew everything that was going to happen even though he did not understand some things. So Daniel fasted asking for intercession.

Daniel 9: 1-3

*“In the first year of Darius the son of Ahasuerus, of the nation of the Medes, who became king over the kingdom of the Chaldeans, in the first year of his reign, I Daniel carefully looked in the books for the number of years of that ADONAI spoke to the prophet Jeremiah (that is, Daniel*

*studied the Torah and the prophets), that the desolations of Yahrushalayim were to be fulfilled in seventy years. And I turned my face to Elohim the Lord, seeking him in prayer and supplication, in fasting, sackcloth and ashes.”*

Daniel fasted because he knew what was coming to the people of Israel. Jeremiah had determined that, if they did not follow HaShem YAHWEH's Torah, they would be practically exterminated (I did not say exterminated, because the people of Israel will never be exterminated by the covenant that YAHWEH made in Jeremiah 31:31, but a beating would come against the people of Israel). We do not seek that, we fast to reach more souls and please the Eternal first. So you can, aj, ajot, you can intercede like this.

### 3.9 FAST FOR THANKS:

How many times do we fast to ask for something and Elohim responds? But we forget about this and we are ungrateful.

For example, if we pray and fast asking for the health of an aj or an ajot and later we found out that indeed, Elohim has healed the aj or ajot, we should fast in gratitude for the miracle.

Daniel fasted because the Eternal gave him a revelation, so he fasted out of gratitude for that revelation. So if you are already having visions, revelations, etc., you have already begun to be used by YAHWEH, it is better for all of us, you and me, to keep us in humility by fasting to give Him thanks. We pray like this: "Father, I thank You because of Your infinite Rachamim (compassion, mercy), not because I am good, but because You are good. You are using me to reach souls



and bring them to Your feet. Thank you very much because I know that You do not need me but that You included me in Your team, thank you very much "

We fast, fast and give thanks.

Let's read Daniel 10.

Daniel 10: 1-3

*"In the third year of Cyrus king of Persia a word was revealed to Daniel, called Beltsasar; and the word was true, and the conflict great; but he understood the word, and had intelligence in the vision. In those days, I, Daniel, was afflicted for three weeks. I did not eat delicacy, nor did meat or wine enter my mouth, nor did I anoint myself with ointment, until the three weeks were up."*

He (Daniel) was thankful for the vision.

### 3.10 FAST TO FULFILL THE COMMANDMENTS OF THE ETERNAL:

But, look, brother, sister, when one receives orders from YAHWEH they are not easy, the Eternal asks for unusual things. Repeat with me: the Eternal asks for unusual things, I'll give you an example: When I went to the radio and announced the word of the Eternal, although I still did not know many things about Torah, one Thursday, before going to the radio, the Eternal Father told me: "You are going to take a suitcase of compact discs and you are going to go to the park. You are going to announce that you are going to be in the park giving away compact discs ". I just heard that and immediately answered: "Yes, Father." If I had not been full of Ruach HaKodesh, I would have said: "But how !? Me, Dr. Palacios, making a fool of myself in the park, giving away Bible records? "

It usually happens that, when a person has a certain degree of studies, especially science, he drives anyone crazy. People feel unattainable and end up denying Messiah YAHSHUA and even YAHWEH (who is the same Elohim).

So I said yes to the Eternal Father and announced there on the radio that I was going to be in the park, on behalf of the Gozo y Paz congregation, giving away records and films, so that people would go for their copy. And I went to the park, what about the shame? No, there was no shame, I was full of joy, I had fasted for this task, I had already prepared myself (rather, the Eternal prepares us).

### **3.11 FASTING FOR CONFLICTS AND SPIRITUAL WARFARE:**

Whenever one receives a call from the Eternal, saying: "Do this, go there, break

curses there, go here", there is conflict because Satan does not sleep (and we rebuke him and throw him out in the name of YAHSHUA HAMASHIAJ) and if you receive a call from the Eternal saying "go there", surely satan will whisper in your ear: "No one is going to convert". Ignore him, people will be converted by the grace of the Eternal Father. If you go and minister to ten thousand, maybe one converts and that one is enough. It's always a conflict, look at how Daniel says.

Daniel 9: 1

*"In the third year of Cyrus king of Persia a word was revealed to Daniel, called Beltsasar; and the word was true, and the conflict great; But he understood the word, and had intelligence in the vision."*

All of us who minister the word of the Eternal, which is the word of truth, the Torah, we have spiritual warfare all the

time. The matter is not as some may imagine, brothers, sisters, ajim, ajaiot. It is often said: "We are going to do spiritual warfare" No, this happens all the time, twenty-four hours a day is spiritual warfare, all the time people curse through witches or people cursing directly or sending demons to make someone sick.

We must be in kedusha and the demons have to bounce (towards whoever sends them) in the blessed name of YAHSHUA HAMASHIAJ. It is not like some think, saying erroneously: "well, one day we are going to do spiritual warfare" No, the war is during the twenty-four hours and the three hundred and sixty days of the Hebrew year, it is all the time, all the time it is spiritual warfare.

If you saw the nonsense sometimes people tell me on the internet or on the street or on the phone all the time, my loved ones, you would understand what I am telling you now: all the time it is

spiritual warfare, therefore, I have to be constantly fasting and maintaining holiness. I can not tell: “Now I will be a saint and later not. Right now I do keep holiness and right now I don't” No, holiness must be there all the time, beloved. So here Daniel fasted in holiness because of that revelation.

### **3.12 FASTING TO SEND A SHALIACH:**

Also fast, my beloved ones, to send a Shaliach, an emissary, a missionary. Back then, when the Messianic Kehilah sent Barnabas and Shaul to carry the Torah, the good news of salvation from YAHSHUA HAMASHIAJ; they fasted and laid hands on them. Let's look at the book of Acts 13, look how much you have to fast, my beloved!

Acts 13: 1-3

*"There were then in the Kehila that was in Antioch, prophets and teachers: Barnabas, Simon who was called Niger, Lucius of Cyrene, Manaén who had grown up with Herod the tetrarch, and Shaul. These ministering to the Lord, and fasting, the Ruach HaKodesh said: Set apart Barnabas and Shaul for the work to which I have called them. Then, having fasted and prayed, they laid hands on them and sent them away."*

We found that you can also pray and fast to send a Shaliach. Now, in Lystra, Iconium, and Antioch, Barnabas and Shaul prayed, fasted, and constituted elders. Also fast, my beloved ones, to send a Shaliach, an emissary, a missionary. Back then, when the Messianic Kehilah sent Barnabas and Shaul to carry the Torah, the good news of salvation from YAHSHUA HAMASHIAJ; they fasted and laid hands on them. Let's look at the book

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We found that you can also pray and fast to send a Shaliach. Now, in Lystra, Iconium, and Antioch, Barnabas and Shaul prayed, fasted, and constituted elders.

All the elders of this Messianic Kehila are in the Abrahamic covenant. Why?



Because they have the Mitzvot written in their hearts. Someone who does not have the Mitzvot written in his heart cannot enter the Abrahamic covenant because he does not understand anything.

First, the Eternal writes the Mitzvot in the heart, ok? Let's see, I'm going to get off the subject a bit, but this is important: The Eternal made a pact with his people. What pact was that? Write the Mitzvot in the heart (as it is written in Jeremiah 31), then a person who does not love Shabbat is because he does not have the Mitzvot written in his heart. A person who does not love the Moadim (festivals) of HaShem YAHWEH is because he does not have the Mitzvot written in his heart. A person who does not yearn for circumcision, the covenant that YAHWEH made with Abraham avinu, is because he does not have the Mitzvot written in his heart, so no matter how much you and I say to a man: "Enter the covenant of

Milah! " The man is not going to enter nor is it our obligation to pressure anyone, much less those who do not have the commandments of YAHWEH written in his heart, and if he does not have them written in his heart. That man is not going to keep Shabbat, he is not going to keep the Moadim, he is not going to enter the covenant of the milah and he will leave the congregation. That happens, why? BECAUSE HE DOES NOT HAVE THE MITZVOT (commandments) WRITTEN IN HIS HEART.

But once we have the Mitzvot written in our hearts, we immediately fulfill what Elohim commands us. Nobody pressures us to do anything, it is an invitation from Him and we do it, it is an ordinance from Him and I comply with it.

Now you understand why sometimes people leave Kehilot (congregations). You, beloved who listens / reads to us, if

people leave a holy Kehila where there is no Kabbalah, where business is not done with the word of Elohim, inventing a thousand gossip about the shepherds or elders; It is because people do not have the commandments written in their hearts. How is that person going to enter to keep Shabbat? He spits it out, he doesn't know that. First the heart and then everything else, HalleluYah! Let's read Acts 14, please.

Acts 14: 21-23

*"And after announcing the gospel to that city and making many disciples, they returned to Lystra, Iconium, and Antioch, confirming the disciples 'spirits, exhorting them to remain in the faith, and saying:' It is necessary that through many tribulations let us enter the kingdom of Elohim. ' And they made elders in each Kehilah, and having prayed with fasts,*

*they commended them to the Adon in whom they had believed."*

So, everything is with fasting. If you give everything to your body, you don't grow in spirit. In zoos and circuses, one day a week they put the animals on a fast so that they are in good health and do not overload their stomach (I am going to speak as a doctor, then, in an easy way) If that is what they do in zoos and circuses, what will the Bene Israel not be? Not all the time is throwing things in the belly, forgive me the expression.

## 5.- WHAT TO DO AFTER A FAST?

After a long fast, eat little by little. If you keep a fast for several days, don't think about eating mole or something spicy, no, please be smart, let's all be smart, you have to have chochma (wisdom); and if we don't have it, the Tanach says that we ask for it and the Eternal is good, the Eternal gives us hochma. Then, after fasting, you can eat pasta soup, gruel, toast, chamomile tea. This seems like a trivial advice but it is good for you because if you do a long fast and you eat spicy, it will upset your stomach and the Eternal does not want that, the Eternal wants us to be good. So, in summary, there is fasting with water, partial fasting, absolute fasting, for a threatening danger, to free demon-possessed people, for a disease, for a journey, for repentance, for intercession, responding to a revelation

from Elohim, praying by the Shaleajim (emissaries)

The most important thing is to fast only for Elohim, with love and prayer. Otherwise, it's just a bad time. Also, it should be done in humility, without pride. You have to pray and pray with Emunah, pray in faith, pray in the blessed name of YAHSHUA HAMASHIAJ, pray and declare that things have already been done according to Heavenly Father's will and not ours, otherwise, it falls on a whim .

This comes into the subject of the Tefillah (prayer). We said, on the subject of prayer; that sometimes Elohim responds with a "yes", with a "no" or with a "wait". We would be doing wrong by wanting to do our will and not his.

I used to say on the subject of Prayer, of the Tefillah (which you can find on this same website [www.gozoypaz.mx](http://www.gozoypaz.mx)), that we ask the Eternal Father like this: “Your

will be done”, we don't say: “My will be done ”.

Now, how is your life? Do you fast and continue in sin? I know that there are many kadoshim here, I know that there are many holy beings here, but do you fast and continue in sin? How do you treat your wife, your husband, your children? How do you treat the brothers, the ajim here? Do you fast and lengthen the time of fasting to tell others that you can do better than them? Do not be deceived, that is called pride, that is called sin and the Word says that Elohim resists the proud, and gives grace to the humble. Do you fast for a whim, for material, unnecessary or luxury things? Do you fast for money and therefore pleasures that are not in the Bible? Do not be fooled, do not waste your time, it is better to stop fasting because it is bad. Do you fast without praying? Don't be wrong. Do you

fast and at noon do yelling, gossip and cursing come out of your mouth, or do you bear a bad testimony? Better break the fast and eat. Do you fast and ask without keeping yourself in holiness, in kedusha? Don't kid yourself, you're wasting your time. Do you fast and watch filthy television, do you go to the filthy cinema where the goyim go to see worldly movies, worldly music, under the pretext of saying that they are going to see a good movie?

No, don't be fooled; the commercials and the movie that happen in the cinemas, as far as I remember before being Bene Israel; They are nothing kadosh and you are going to be poisoned. Don't be fooled, you won't get anything from Elohim if you continue like this.

Do you fast and don't want to give up your idolatry, your greed, your lust, your fornication, your adultery, your dirty



business? Do you steal something from someone? Don't be fooled, if so, don't waste your time. The important thing is that you fast repentant of your sins, that you are separated from your sins.

So, if you fast in holiness and keep yourself from all sin, Omein, you will receive an answer, my beloved, my beloved in the Eternal. If you fast in kedusha, in holiness, I repeat, and keep yourself from all sin, Omein, you will receive answers, we just read it in the Bible.

If you fast without pride and seek Elohim in humility, rest assured that you will receive answers from YAHWEH according to His will, and it will be the best for you because the Tanach says that He gives us better things than we dare ask .

Do you fast only and exclusively for Elohim? Omein, way to go.

Do you fast and pray at the same time? Omein, beloved aj (brother), ajot (sister),

that pleases the Eternal YAHSHUA HAMASHIAJ.

If you fast like this, I exhort you to continue doing it and even better, more frequently and in this way your spirit will grow, only by subduing the flesh, and Elohim, do not hesitate, it will begin to use you and you will bear much fruit to the feet of YAHSHUA HAMASHIAJ. Fast in humility and holiness, if not, do not fast, put yourself first at account with the Eternal.

May the Eternal bless you and keep you.  
Shalom U'brajot.